



## CRANBERRY SAUCE, CANNED

Date: April 2009

Code: A287

### PRODUCT DESCRIPTION

- Canned cranberry sauce is strained, jellied, or semi-jellied product prepared from clean, matured cranberries, sweeteners, and water.
- Cranberry sauce is made from cranberry juice, cranberry juice concentrate, water, sweeteners, and ascorbic acid (vitamin C). It contains no added colors or flavors.

### PACK/YIELD

- Cranberry sauce is packed in 16 ounce cans, which is about 3 servings ( $\frac{1}{2}$  cup each).

### STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened cranberry sauce in a tightly covered container not made from metal and refrigerate.
- Look at the "Best if used by" or "Best by" date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

### USES AND TIPS

- Cranberry sauce may be served at room temperature or chilled as a topping for poultry or pork.
- Use cranberry sauce as a sandwich condiment or as a base for sauces, such as barbecue sauce.
- Use canned cranberry sauce in fruit desserts such as pies or cobblers.

### NUTRITION INFORMATION

- $\frac{1}{2}$  cup cranberry sauce count as  $\frac{1}{2}$  cup in the MyPyramid Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups of fruit.

### FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size:  $\frac{1}{2}$  cup (82g) canned cranberry sauce

#### Amount Per Serving

<b>Calories</b>	210	<b>Calories from Fat</b>	0
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#### % Daily Value\*

<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 54g	<b>18%</b>
Dietary Fiber 1g	<b>6%</b>
Sugars 52g	
<b>Protein</b> 0g	

Vitamin A	2%	Vitamin C	4%
Calcium	0%	Iron	2%

\*Percent Daily Values are based on a 2,000 calorie diet.

**CRAN-APPLE CRISP****MAKES 8 SERVINGS****Ingredients**

- 4 apples, center removed, thinly sliced
- 1 can (16 ounces) cranberry sauce
- 2 teaspoons margarine, melted
- 1 cup oatmeal, uncooked
- ½ cup brown sugar (or regular sugar)
- 1 teaspoon cinnamon

**Directions**

1. Preheat oven to 400 degrees F.
2. In a bowl, combine the cranberry sauce and apples. Pour into an 8x8-inch pan.
3. Combine melted margarine with oatmeal, brown sugar, and cinnamon until well blended. Sprinkle over apple/cranberry mixture.
4. Cover and bake for 15 minutes.
5. Uncover and bake 10 more minutes until the topping is crisp and brown.
6. Serve warm or cold.

Nutrition Information for 1 serving (1 cup) of Cran-Apple Crisp					
Calories	200	Cholesterol	0 mg	Sugar	37 g
Calories from Fat	20	Sodium	20 mg	Protein	2 g
Total Fat	2 g	Total Carbohydrate	50 g	Vitamin A	12 RAE
Saturated Fat	0 g	Dietary Fiber	3 g	Vitamin C	4 mg
				Calcium	22 mg
				Iron	1 mg

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

**GLAZED PORK ROAST****MAKES ABOUT 7 SERVINGS****Ingredients**

- 1 can (16 ounces) cranberry sauce
- ⅓ cup orange juice
- ½ teaspoon orange peel, grated
- ½ teaspoon dried sage (if you like)
- 2½-pound to 3½-pound boneless pork roast
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

**Directions**

1. In a medium-size saucepan, combine the cranberry sauce, orange juice, and orange peel. If using sage, add that too. Bring mixture to a boil over medium heat. Reduce heat and simmer for 5 minutes. Set aside 1 cup cooked sauce to serve with cooked pork.
2. Place pork roast in a 13x9-inch roasting pan. Season with salt and pepper. Bake, uncovered, for 1 hour until internal temperature reaches 160 degrees F on a meat thermometer. Pour sauce over meat often while baking. Discard any unused sauce.
3. Let roast stand 10 minutes before serving. Serve sauce that was set aside either warm or at room temperature.

Nutrition Information for 1 serving of Glazed Pork Roast					
Calories	340	Cholesterol	110 mg	Sugar	22 g
Calories from Fat	100	Sodium	250 mg	Protein	35 g
Total Fat	11 g	Total Carbohydrate	23 g	Vitamin A	6 RAE
Saturated Fat	4 g	Dietary Fiber	1 g	Vitamin C	6 mg
				Calcium	27 mg
				Iron	2 mg

Recipe adapted from Ocean Spray.